276/989

# Subject Bibliography

SB-276
JULY 10, 1989

*U.S. Government Printing Office Superintendent of Documents*

## HOME ECONOMICS

| | | |
|---|---|---|
| Buying Food: A Guide for Calculating Amounts to Buy and Comparing Costs in Household Quantities. *Helps family food buyers plan food purchases so that leftovers and costs are kept to a minimum. An 'amount to buy' factor is supplied for each of 727 different foods and can be used to compare costs per serving.* 1978: 71 p. revised ed.<br>A 1.87:42 | S/N 001-000-03811-7 | $4.50 |
| Complete Guide to Home Canning. *Contains many new research-based recommendations for canning safer and better quality food at home. Consists of 7 guides, which are also sold separately.* 1988: 167 p.; ill.<br>A 1.75:539 | S/N 001-000-04521-1 | $11.00 |
| Complete Guide to Home Canning, Guide 1: Principles of Home Canning. *Explains the scientific principles on which canning techniques are based. Discusses canning equipment, and describes the proper use of jars and lids. Describes basic canning ingredients and procedures and how to use them to achieve safe, high-quality canned products.* 1988: 40 p.; ill.<br>A 1.75:539-1 | S/N 001-000-04522-9 | $2.75 |
| Composition of Foods: Raw, Processed, Prepared. *Presents tables on the composition and nutritive value of foods. Values are provided for energy, proximate composition, vitamins, minerals, water, fiber, fatty acids, and cholesterol among others.* 1963: 190 p.; ill. 1982-repr.<br>A 1.76:8/963 | S/N 001-000-00768-8 | $7.00 |
| Individual sections of the above publication by major food group. *Presents expanded and updated information on nutrient content. Issued in looseleaf form.* | | |
| Baby Foods, Raw, Processed, Prepared. 1978: 231 p. 1987-repr.<br>A 1.76:8-3 | S/N 001-000-03900-8 | $12.00 |
| Beef Products, Raw, Processed, Prepared. 1986: 400 p. revised ed.<br>A 1.76:8-13 | S/N 001-000-04482-6 | $19.00 |
| Beverages, Raw, Processed, Prepared. 1986: 177 p. revised ed.<br>A 1.76:8-14 | S/N 001-000-04468-1 | $9.50 |
| Breakfast Cereals, Raw, Processed, Prepared. 1982: 166 p.<br>A 1.76:8-8 | S/N 001-000-04283-1 | $9.00 |
| Dairy and Egg Products, Raw, Processed, Prepared. 1976: 158 p. revised ed.<br>A 1.76:8-1 | S/N 001-000-03635-1 | $9.00 |
| Fast Foods, Raw, Processed, Prepared. 1988: 200 p.; looseleaf, revised ed.<br>A 1.76:8-21 | S/N 001-000-04524-5 | $11.00 |
| Fats and Oils, Raw, Processed, Prepared. 1979: 142 p. revised ed.<br>A 1.76:8-4 | S/N 001-000-03984-9 | $7.50 |
| Finfish and Shellfish Products, Raw, Processed, Prepared. 1987: 196 p.; looseleaf.<br>A 1.76:8-15 | S/N 001-000-04497-4 | $10.00 |
| Fruits and Fruit Juices, Raw, Processed, Prepared. 1982: 289 p.; looseleaf.<br>A 1.76:8-9 | S/N 001-000-04287-4 | $14.00 |
| Lamb, Veal and Game, Raw, Processed, Prepared. 1989: 256 p. | S/N 001-000-04541-5 | $13.00 |
| Legumes and Legume Products, Raw, Processed, Prepared. 1987: 160 p.; looseleaf, revised ed.<br>A 1.76:8-16 | S/N 001-000-04488-5 | $8.50 |
| Nut and Seed Products, Raw, Processed, Prepared. 1984: 143 p.; ill. revised ed.<br>A 1.76:8-12 | S/N 001-000-04429-0 | $7.50 |

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| Pork Products, Raw, Processed, Prepared 1983: 212 p.; ill. looseleaf, revised ed.<br>A 1.76:8-10 | S/N 001-000-04368-4 | $11.00 |
| Poultry Products, Raw, Processed, Prepared 1979: 330 p. | S/N 001-000-04008-1 | $17.00 |
| Sausages and Luncheon Meats, Raw, Processed, Prepared 1980: 92 p.; looseleaf<br>A 1.76:8-7 | S/N 001-000-04183-5 | $6.00 |
| Soups, Sauces and Gravies, Raw, Processed, Prepared 1980: 228 p. revised ed.<br>A 1.76:8-6 | S/N 001-000-04114-2 | $12.00 |
| Spices and Herbs, Raw, Processed, Prepared 1977: 43 p. revised ed.<br>A 1.76:8-2 | S/N 001-000-03646-7 | $3.75 |
| Vegetables: Vegetable Products, Raw, Processed, Prepared 1984: 508 p.; ill. revised ed.<br>A 1.76:8-11 | S/N 001-000-04427-3 | $16.00 |
| Controlling Household Pests *Describes and illustrates a wide variety of pests, including insects, rats, and bats that are common to some households. Includes descriptions of methods for control, prevention, and extermination.* 1979: 31 p.; ill. revised ed.<br>A 1.77:96/7 | S/N 001-000-03927-0 | $1.50 |
| Cooking for People With Food Allergies *Provides information to help in selecting and preparing foods that do not contain milk, eggs, corn, or wheat; tips to help recognize these ingredients in prepared foods; and recipes designed to help avoid them.* 1988: 40 p.<br>A 1.77:246 | S/N 001-000-04512-1 | $1.50 |
| Dietary Guidelines and Your Diet *Contains seven Home and Garden Bulletins on nutrition and your health enclosed in an envelope. Includes: Eat a Variety of Foods; Maintain Desirable Weight; Avoid too Much Fat, Saturated Fat, and Cholesterol; Eat Foods with Adequate Starch and Fiber; Avoid too Much Sugar; Avoid too Much Sodium; and If You Drink Alcoholic Beverages, Do So in Moderation.* 1986: 7 bks. (52 p.); ill.<br>A 1.79:232-1 thru 232-7 | S/N 001-000-04467-2 | $4.50 |
| Drainage Around Your Home 1975: Folder; ill.<br>A 1.77:210 | S/N 001-000-03455-3 | $1.00 |
| Eating to Lower Your Blood Cholesterol *Provides background information about high blood cholesterol and its relationship to heart disease and recommends diet changes and better food choices which should lower blood cholesterol levels. Also includes a detachable chart entitled, 'The First Step to Eating Right is Buying Right, A Guide to Choosing Low-Saturated Fat, Low-Cholesterol Foods.'* 1987: 53 p.; ill., chart.<br>HE 20.3202:H 53/6 | S/N 017-043-00118-4 | $2.00 |
| Family Economics Review *(Quarterly.) Contains articles on a variety of topics concerning family economics. Topics covered include costs in areas, such as food, housing, clothing, energy, and raising children; family budgeting, economic well being of various groups; and other areas. Subscription price: Domestic - $5.00 a year; Foreign - $6.25 a year. Single copy price: Domestic - $2.00 a copy; Foreign - $2.50 a copy. (FAMER) (File Code 2Q)*<br>A 77.708: | S/N 701-019-00000-8 | |
| Fish and Shellfish Over the Coals 1972: 24 p.; ill.<br>C 55.321:14 | S/N 003-020-00052-5 | $1.75 |
| Food and Nutrition *(Quarterly.) Reports on the Federal food assistance programs administered by the Food and Nutrition Service. It shows their impact on people, the activities of public and private agencies in helping those in need of food assistance, and outstanding work of individuals or groups of volunteers in furthering the drive to eliminate malnutrition in the United States. Subscription price: Domestic - $5.00 a year; Foreign - $6.25 a year. Single copy price: Domestic - $1.25 a copy; Foreign - $1.56 a copy. (FN) (File Code 2N)*<br>A 98.11: | S/N 701-024-00000-1 | |
| Food Labeling Guide *Summarizes the required statements that must appear on food labels according to the Federal laws which govern food products. Much of the information is presented in a question and answer format with sample illustrations. Although it was prepared especially for manufacturers, distributors, and importers, this booklet may also be useful to food shoppers.* 1988: 56 p.; ill.<br>HE 20.4508:F 73 | S/N 017-012-00334-6 | $1.75 |
| Little Fish Goes a Long Way *Contains 25 tasty recipes for fish fillets, breaded fish sticks or portions, canned fish, and shellfish.* 1973: 32 p.; ill. 1979-repr.<br>C 55.302:F 52/2 | S/N 003-020-00074-6 | $1.50 |
| Making Bag Lunches, Snacks and Desserts Using the Dietary Guidelines 1989: 32 p.; ill. | S/N 001-000-04528-8 | $2.50 |
| Managing Your Personal Finances, Section 2: Financial Tools Used in Money Management *Contains information on saving and investing, insurance, consumer credit, and a section of selected references for managing personal finances.* 1986: 26 p. | S/N 001-000-04486-9 | $1.50 |
| Meat, Poultry, Fish, and Eggs: Selection, Storage, and Preparation *Presents information on the selection, storage and preparation of meat, poultry, fish and eggs. Also includes quality factors, market forms, yield, home storage, and methods of preparation.* 1984: 20 p.; ill.<br>A 1.87:46 | S/N 001-000-04430-3 | $1.50 |

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| New Life for Old Dwellings: Appraisal and Rehabilitation. *Describes the appraising of wood frame houses for suitability of rehabilitation, and how to plan for such changes. Includes detailed instructions.* 1979: 100 p.; ill. revised ed.<br>A 1.76:481/2 | S/N 001-000-02988-6 | $5.50 |
| Nutrition and Your Health: Dietary Guidelines for Americans. *Presents guidelines for American eating habits.* 1985: 24 p.; ill. revised ed. Sold in Packages of 100 only<br>A 1.77:232/985 | S/N 001-000-04503-2 | $39.00 |
| Nutritive Value of Foods. *Contains tables of nutritive values for household measures of commonly consumed foods. Also includes recommended daily dietary allowances, sources of additional nutrients, and the values for sodium and cholesterol have been added.* 1986: 72 p.; ill. revised ed.<br>A 1.77:72/986 | S/N 001-000-04457-5 | $2.75 |
| Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines. 1983: 36 p.; ill. | S/N 001-000-04529-6 | $3.00 |
| Simple Home Repairs. *Contains easy step-by-step instructions to help the inexperienced individual do simple maintenance and repair jobs around the home.* | | |
| Inside. 1978: 26 p.; ill. 1986-repr.<br>A 1.68:1034/986 | S/N 001-000-04473-7 | $1.50 |
| Outside. 1978: 40 p.; ill.<br>A 1.68:1193/986 | S/N 001-000-03749-8 | $2.00 |
| United States Supermarkets: Characteristics and Services. *Describes the results of a survey of supermarkets conducted in 1982. The survey included 491 chain stores, and 256 independent stores. Data were collected on characteristics as: format, size, location, operating hours, and services offered. Also includes a glossary of related terms.* 1986: 30 p.<br>A 1.75:502 | S/N 001-019-00489-4 | $1.75 |
| Vitalize Your Life, Discover Seafood: Your Guide to Nutrition From the Sea. *Includes a chart that gives percentage of protein, percentage of fat, amount of sodium, and calories per serving of different kinds of fish. This publication may be purchased at a special price of $10.00 per 100 copies when mailed to one address.* 1978: Folder; ill.<br>C 55.308 Se 1 | S/N 003-020-00145-9 | $1.00 |
| Your Money's Worth in Food. *Teaches the consumer how to sharpen food shopping skills and cut food costs. Includes tables and charts that a highly motivated cost-cutter can use to find the best buys.* 1984: 39 p.; ill. revised ed.<br>A 1.77:183/8 | S/N 001-000-04431-1 | $2.25 |

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